



Complete a coaching session to earn 1,500 Points

Health coaching guide

Let's face it. Getting healthier can be challenging! But you can request one-on-one support from a qualified coach—right from our website or app. A coach can motivate you, give you tips and help you reach your goals. What are you waiting for? Start working with a coach today!

Schedule a session today!
Visit member.virginpulse.com, go to the **Health** tab and select **Coaching**, or scan the QR code to open in your app.



Not a member yet?

Don't miss out on all the fun! Get started today by going to <https://join.virginpulse.com/mcwow>.



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Reach your health goals, together

Making changes to your health routine isn't always easy. Whether you're starting to exercise, training for a marathon or anything in between, our health coaches help motivate and encourage you along the way. Connect with a coach to set goals, monitor your progress and get extra tips to keep going.



What to expect

Your first session will help you build a meaningful relationship with your coach. Together, you'll work to find small steps you can take to make progress toward your goal. During your follow-up sessions, you'll update your coach on your progress and plan next steps to help you stay on track.



Coaching topics

Choose a topic that you'd like to cover with your coach, such as Get Active, Eat Healthy, Reduce Stress, Manage Weight, Sleep Well or Be Tobacco-Free.

How to get started

Step 1

Once you're signed in, go to the **Health** tab and select **Coaching**. If you have the app, just scan the QR code:



Step 2

Select **Schedule a Session** and then pick your preferred topic by clicking an image.

Step 3

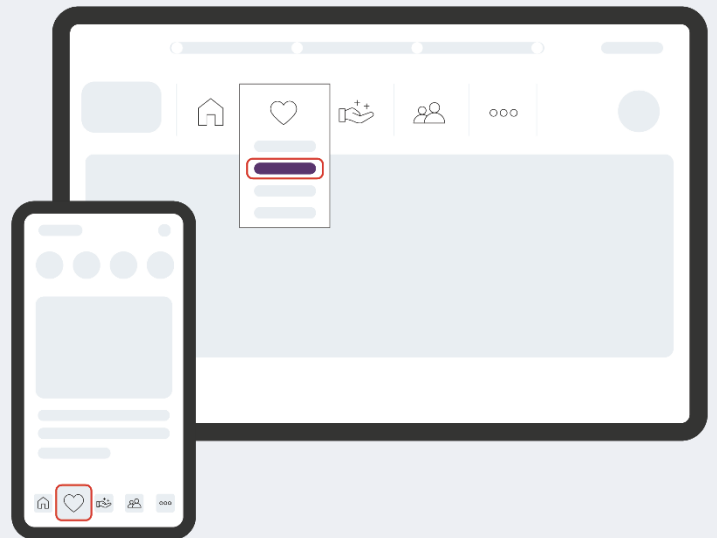
Choose an available date and time that works for you.

Step 4

Enter your phone number, and click **Confirm Appointment**.

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@virginpulse.com



“Having someone to talk to actually made me enthused to take these simple, easy steps. I am gradually feeling less stressed, and I’m motivated to continue.”

— Rosie



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